

# Are you ready? #BellLetsTalk Day is: January 30, 2019!

On January 30th, 2019, Bell will contribute 5¢ for every applicable text, call, #BellLetsTalk tweet, their social media video view, and use of their Facebook frame or Snapchat filter towards mental health initiatives in Canada!

Since 2011, when Bell launched their very first #BellLetsTalk Day, Canadians and people around the world have exchanged almost 900,000,000 messages across multiple platforms – and this year, [FOLA](#) is here to help Ontario’s legal community engage in the conversation. We have a curated section on our [Mental Health Resource page](#) with all sorts of twitter friendly mental health, mental illness, and mental wellness facts, myths, tips, links (including to videos!), and images so that all you need to do is copy and paste into your twitter feed.

FOLA will be posting about mental health all throughout January to raise awareness about #BellLetsTalk Day and will be extra involved on January 30<sup>th</sup>. Any tweet we see that has both the #BellLetsTalk hashtag and @Ont\_Law\_Assoc (our Twitter Handle) will be retweeted because everyone loves to be retweeted!!

## Let’s Let Lawyers Know That They Are Not Alone

Mental illness does not discriminate and the fact that lawyers are vulnerable to mental illness is not breaking news. In 2016, research published by the American Society of Addiction Medicine showed that the rate of depression had skyrocketed to 28% amongst lawyers. It also found that 19% of lawyers have anxiety (compared with 12% of all adults), and that 1 in 5 lawyers reported that their use of alcohol or other drugs was problematic at some point in their lives. More often than not, the inability to properly manage stress.

#BellLetsTalk Day reminds us all that we are not alone and that help is available. FOLA is here to help you spread that message and help ensure that no lawyer has to suffer in silence.

Please do visit our [website](#) today – and throughout January - and let’s get talking!

